

Flow Workshop: Creating an Optimal state where we feel our best and perform our best.

Recession, the very word spreads fear and dread. Companies and individuals tend to shut down and operate from a survival mentality. Research shows us that is the very opposite of what is needed for heightened productivity and good performance. In economic downturns we are asked to do more with less. Whilst leader's scramble looking at what to cut back, the **good leaders** realise that grit and determination aren't enough, they are asking how to do this in a way that is positive, that is a multiplier and a source of high octane fuel that will inspire performance, and that is also sustainable. Fear and cutbacks are not.

The Psychological state of flow is an inner source of rocket fuel, dynamic, uplifting and a **proven** way to increase performance. Recent cross discipline research has revealed 17 triggers and conditions that enable and create flow.

"Flow is an optimal state of consciousness, where you feel your best and you perform your best." Steven Kotler

Steven Kotler (Research Director of the Flow genome project) in the Harvard Business review 2014, points to a 10-year study conducted by McKinsey, where top executives reported being five times more productive in flow. That is 500 % more productive. In flow, every action, every decision, arises seamlessly from the last. In this state, we are so focused on the task at hand that all else falls away. Action and awareness merge. Our sense of self vanishes. Our sense of time distorts. And performance goes through the roof. The same McKinsey researchers argue that if we could increase the time we spend in flow by 15-20%, overall workplace productivity would almost double.

The positive benefits of being in flow include increased creativity, increased concentration, deep focus and deep engagement. People are happier, more content and significantly more fulfilled. The results were undeniable. Creativity alone is enough to encourage flow. If we are more creative, we become better problem solvers. Teams that are in flow exhibit good communication, higher trust and are way more productive.

The full day workshop will be practically focused and experiential. After attending this workshop, you will;

- Understand what flow is and why it is so important both for work and in our personal lives.
- Go through an experience of a real-life dramatic case study
- Know how to access and create flow for yourself and in teams.
- Start to understand your own unique conditions that you need to build flow
 - Personal triggers
 - Create an anchor to help sustain you through difficult moments